

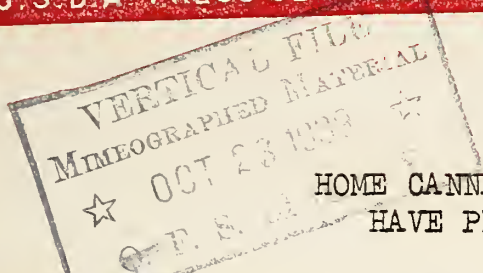
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HOME CANNED TOMATOES HAVE PLENTY OF VITAMIN C

Questions as to whether canned tomatoes retain their vitamin C arise with the beginning of the season for putting up the home-raised crop, says _____ (Name) _____, at _____ (Title) _____ (Institution). Women want to know whether the method of canning or the length of time the canned products are stored affects the vitamin C content of the tomatoes.

"If canned in the right way," says the Bureau of Home Economics, after making recent tests, "tomatoes lose practically none of this valuable vitamin. They may, however, lose from one-third to one-half their vitamin C if stored for 6 months or more at ordinary room temperature. But even after this loss, the tomatoes still supply a considerable amount of vitamin C."

"The 'right way' to can tomatoes recommended by the Bureau is to pack them either raw or preheated into containers, then process them in a boiling water bath. Tomatoes preheated to the boiling point, then packed hot into containers need a shorter processing than those packed raw. Tomatoes precooked and packed hot in pint or quart glass jars will need 5 minutes' processing. Packed raw, the processing time should be 45 minutes.

Processing consists in putting the containers into boiling water in a boiler or bucket that has a tight-fitting lid. This water bath has a rack in the bottom so that the water can circulate under the containers as well as between and above them. Water must come up over the tops of the jars or cans from 1 to 2 inches. Processing time is counted from the moment the water comes again to a full rolling boil after the containers are put into it.

Pint glass jars were used in the Bureau's study. It made little difference whether the tomatoes were stored in a light or a dark room. They lost about the same amount of vitamin C either way.

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